

project RS 14 day cycle workout guide

Workout Format

mobility work if needed	foam roller or specific stretches due to your needs	spend about 3 minutes on any specific area if needed for mobility
dynamic warm up	relaxed pace do not hold any stretch for longer than 15 seconds	
strength movement	goal orientated	rest between sets as long as you have to
building/toning movements	medium resistance	relaxed pace short rest periods if needed
supplemental movements	pick exercises that just make you feel great or that you enjoy	Spend 10 to 15 minutes remember to do things that make you feel sexy

Instagram @power_of_real_food 14 day cycle

day	focus of workout	strength movement	Instagram link to full workout
1	max out RDL, hamstring and gluteus based leg day	RDL (Romanian leg deadlift)	https://instagram.com/p/Bhmdu5WhkqL/
2	abdomen, upper body and mobility	Pull downs/dumbbell press/front lever	https://instagram.com/p/BhPWO9VHDB2/
3	rest day		
4	dynamic squat, quadricep based leg day	Barbell Squat	https://instagram.com/p/BhW4nGAnyL/
5	sumo deadlift, hamstring gluteus day	RDL (Romanian Leg Deadlift) & Sumo Deadlift	https://instagram.com/p/BhcfiLjhxKg/
6	optional abdomen, upper body and mobility	Pilates	https://instagram.com/p/BhPN7VJnHFQ/
7	rest day		
8	max out squat, quadricep based leg day	Barbell Squat	https://instagram.com/p/BhW4nGAnyL/
9	abdomen, upper body and mobility	Front lever/Row/Pull up	https://instagram.com/p/BhPWO9VHDB2/
10	rest day		
11	dynamic RDL & Sumo hamstring gluteus day	RDL (Romanian Leg Deadlift) & Sumo Deadlift	https://instagram.com/p/Bhmdu5WhkqL/
12	optional abdomen, upper body and mobility	Pilates	https://instagram.com/p/BhPN7VJnHFQ/
13	dynamic Squat, quadricep based leg day	Barbell Squat	https://instagram.com/p/BhW4nGAnyL/
14	rest day		